# Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

<table>
<thead>
<tr>
<th>SELF</th>
<th>FAMILY &amp; FRIENDS</th>
<th>PEER/SOCIAL</th>
<th>SUPPORT ENTITIES</th>
<th>CLINICAL/MEDICAL HEALTH</th>
</tr>
</thead>
</table>
| Stress Management  
Physical Fitness  
Mental Fitness  
Spiritual Fitness  
Financial Services  
Wellness | Spouses  
Partners  
Friends  
Virtual Friends  
Family Members  
Mentors | Religious Groups  
MWR  
Shared Hobbies  
Professional Organizations  
Sports Teams  
Clubs  
Co-Workers | Chaplains  
Military & Family Readiness Center  
Victim Advocates  
Victims Counsel  
Employee Assistance  
Ops Support Teams  
True North  
Unit Leaders  
Military OneSource | TRICARE  
Mental Health Clinic  
Behavioral Health Counseling  
ADAPT |

We encourage Airmen and their Families to seek out the help needed at any level, and to be a support, help or bridge for others across the full Spectrum of Resilience.

Visit [https://www.resilience.af.mil/](https://www.resilience.af.mil/) for more information on resources available to you and your family.

*Available resources may vary by installation.*